

# GULF DEFENDER



Vol. 63, No. 47

Tyndall Air Force Base, Fla. *Gulf Defender*

Dec. 17, 2004

## In brief

### No Gulf Defender during holidays

There will not be a base newspaper published Dec. 24 and 31 due to Christmas and New Year's. Happy holidays!

### OSC Thrift Shop

The Officers' Spouses Club Thrift Shop will be closed starting Wednesday and will reopen Jan. 5, 2005.

### Holiday Hayride

The Holiday Hayride and marshmallow roast will be held Saturday. The shuttle bus departs the Youth Center parking lot beginning at 3 p.m. There will be a campfire, hot chocolate and Santa leading a horse parade. The admission price is one nonperishable good per person. For more information, call Bonita Bay at 283-3199.

### Safety Challenge

Air Education and Training Command directed Jan. 3 to be a No-Fly/Safety Challenge Day. Air Force Specialty Code-specific safety training will occur throughout the day. Contact your supervisor if you have any questions.

## Inside

● Airmen face retraining ... **Page 6**

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## We wish you a Merry Christmas!

From right: Morgan Showers, daughter of Master Sgt. Gerald Showers, Taskyerah Adams, daughter of Staff Sgt. Latisha Brunson, and Casarra Condor, daughter of Master Sgt. Jennifer Condor, sing Christmas carols at the Base Tree Lighting ceremony at Flag Park here Dec. 2. The girls are part of the Youth Center Singing Club. For more photos of holiday celebrations around Tyndall, see Pages 10-11.



Lisa Norman

# Troops to get 3.5 percent raise

**GERRY J. GILMORE**  
American Forces Press Service

**WASHINGTON (AFPN)** — Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers' out-of-pocket costs for family housing, the Department of Defense's top military personnel official said.

The January troop pay raise will be applied across the board to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, said David S. C. Chu, the undersecretary of defense for personnel and readiness.

The targeted raises issued to mid-level officers and noncommissioned officers over the past two years, Mr. Chu said, "have fixed," for now, most pay-disparity issues involving those ranks.

And, he said, money is contained in the act to boost allowances that eliminate servicemembers' out-of-pocket expenses for on- or off-base family housing. Stateside and overseas family-housing allowances are cal-

culated according to regional markets.

Another provision in the act removes a previously established ceiling limiting how much military family-housing inventory could be privatized, Mr. Chu said.

Privatization enables DOD officials to modernize military family housing more quickly and efficiently, Mr. Chu said. About one-third of military families live in on-base housing.

If DOD funded all of its existing family-housing needs by itself, it would take "forever" to make needed repairs or to replace aging housing units largely built in the 1950s, he said.

Mr. Chu named privatization success stories, such as contractor-provided housing for Soldiers and their families at Fort Carson, Colo. Such private sector-provided housing offers contemporary quality and "design flair" for servicemembers while providing more bang for the buck for taxpayers.

The act also contains three special pay and bonus authorizations, Mr. Chu said. For example, the bill makes permanent the increase of military family separation pay to \$250 a month and hos-

tile fire/imminent danger pay to \$225 a month.

The bill also provides "a much stronger set" of re-enlistment bonuses for Guard and Reserve servicemembers.

Mr. Chu said the act ensures that troops in the field receive the equipment and other material they require to successfully prosecute the war on terrorism.

It also provides extended health coverage for some reservists, Chu said, as well as better Montgomery G.I. Bill benefits.

Another change contained in the act enables reservists to be called up for training before possible overseas deployment. This, Mr. Chu said, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Mr. Chu said, involves successive increases in troop compensation.

"The president has been willing to carry the torch for us to argue for significant pay increases," he said, as well as to reduce and eventually eliminate servicemembers' out-of-pocket costs for housing.



# Airmen give gift of freedom

In this special holiday season we offer our sincere best wishes to our Air Force family -- our Total Force of active duty, Guard, Reserve and civilians, as well as your families who support your remarkable commitment to protect freedom and defend the United States.

You are the most important part of the world's greatest air and space force -- the heart and soul of our combat capability, and the bedrock of what makes this nation great.

For those deployed, please know that you and your families are in our thoughts and prayers, and that we are enormously proud of the work you're doing. In Afghanistan and Iraq, you continue to fight terrorism while helping courageous people find the path to stability and self-governance. For those of you who serve in the United States, you defend our Republic to keep Americans safe.

At home and abroad, you give our nation priceless gifts through your service -- our cherished freedoms and the opportunity to live in peace.

This is an extraordinary time to be an American and to serve in America's Air Force. We thank each of you and your families for your incomparable commitment. Wherever you may be this season, we encourage you to pause and reflect on your faith, your family, and your friends.

We're honored to serve with you. We wish each of you a happy holiday season and blessings for a prosperous new year!



Gen. John Jumper  
Air Force Chief of Staff



Dr. James Roche  
Secretary of the Air Force

## Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency.

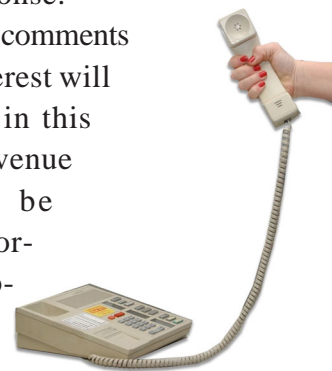
The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.



BRIG. GEN. JACK EGGINTON  
325th Fighter Wing commander

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Senior Airman Benjamin Rojek ..... staff writer

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



# 'It's been quite a year'

## Holiday greetings from 325th FW commander

**BRIG. GEN. JACK EGGINTON**

325th Fighter Wing commander

This time of year brings us closer to the things we hold near and dear: family, friends, celebrations, faith. It's a time when we embrace our children a bit tighter and give thanks for our many blessings. We wonder at the events of the past year and look forward to the challenges of the coming New Year. We join to celebrate joyous holidays such as Hanukkah, Christmas, Kwanzaa and the New Year and gather to worship in our chosen religion.

The men and women — military, civilian, and contractor — all of Team Tyndall ... YOU accomplished great things in 2004. The 325th Fighter Wing carried out our vitally important mission to TRAIN AMERICA'S AIR DOMINANCE FORCE.

And each of our associate units' critical missions, whether guarding America's skies or putting the razor's edge on our combat forces, researching tomorrow's airbase technologies or maximizing our civil engineering capabilities, were accomplished with exceptional expertise and professionalism.

And while we were training some of the Air Force's newest warriors, we were oh-so-busy. In addition to deploying hundreds of our own Airmen overseas, we hosted an extremely successful Open House, show-



casing our people and our mission to all of our close friends in the local communities. The first William Tell competition since 1996, celebrating the 50th anniversary of the event, was held at Tyndall. And we shouldn't forget August and September as we all came together to execute contingency plans for

four major hurricanes in our state. Thankfully we came out relatively unscathed. It's been quite a year.

These and many other our challenges have been met with a dedication to duty, unquestioned integrity and constant excellence that I am proud to say I see in each and every

one of you every day. America asks much of its men and women in the service of our nation. It is your resilience and devotion to defending our nation's freedom that touches me in the deepest parts of my soul.

And through all the deployments, TDYs, long duty hours and unexpected taskings, our family members remain at our sides, supporting us through it all, rarely asking for anything in return. My sincere thanks to our military families ... we couldn't do it without you.

But what I am most proud of is our Air Force family. From co-workers and family members to supervisors and commanders, from our newest Airmen to our oldest government employee to our indispensable contractors, what makes us special is our values — we are all each other's wingman.

So as we reflect on the year's accomplishments, I encourage you to take time to savor the joy of a child as he or she delights in opening presents at Christmas; invite a single Airman from your squadron to your home; reflect on all the blessings we enjoy as free citizens, and remember those serving abroad who aren't able to spend time with family and friends. The rewards are rich and long lasting.

Moe and I, along with Col. Brian Dickerson and his wife Donna, wish all of you the very best holiday season!

ON  
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## What's on your Christmas list?



"I want an engagement ring."

**STAFF SGT. ANGELA GRADY**  
325th Services Squadron



"I want to spend time with my family."

**SENIOR AIRMAN  
MATTHEW PLUNKETT**  
325th Security Forces Squadron



"All I want is a power drill so I can fix things around the house."

**2ND LT. GARY SMITH**  
325th Comptroller Squadron



"Money."

**AIRMAN 1ST CLASS  
CHRISTOPHER DANIELS**  
1st Aircraft Maintenance Unit

# Sexual assault: ‘It is not your fault’

1ST LT. TINA M. NELSON  
325th Medical Group

Sexual assault is an issue that plagues both the military and civilian sectors. In the United States a woman is sexually assaulted every minute, and one in three will be assaulted in their lifetime. But women are not the only victims of sexual assault.

The Rape Abuse Incest National Network reports that one in 10 men in the United States is also sexually assaulted in their lifetime.

According to a 2004 Department of Defense report on sexual assault, 85 percent of victims say they knew their attacker. This type of assault is also known as date or acquaintance rape.

Unfortunately, only 16 percent of all rapes are reported to law enforcement entities.

Reports state that 90 percent of all reported sexual assaults involved alcohol. Alcohol immediately impairs judgment and provides a false perception that a person is functioning better when in reality he or she is not.

An individual who is drinking may place him or herself at risk by becoming overconfident, developing an altered perception of others’ actions and may ultimately commit to actions that he or she may later regret.

Additionally, alcohol impairs a person’s ability to provide consent. Consent must always be verbal and explicit. If a person is intoxicated and does not explicitly consent to sexual relations, committing the act is sexual assault.

In the Air Force sexual assault degrades the abil-

ity to carry out the mission. In response to the increased reports of sexual assault in the Air Force, General John Jumper, Chief of Staff of the Air Force, issued a memorandum requesting Air Force bases develop interim measures to support victims of sexual assault.

Tyndall AFB has developed a victim liaison program, which consists of volunteers from each of the 325th Fighter Wing’s groups. Volunteers received two full days of training on sexual assault issues, including the legal process, crisis intervention and Rape Trauma Syndrome, as well as forensic sexual assault examination.

Sexual assault not only affects the victim, but also the victim’s family and friends. But every-

one can make a difference. Look out for your fellow Airmen and protect yourself.

If you have been sexually assaulted, remember it is not your fault. Nothing you could have done justifies someone having sexual relations with you without your consent.

Victims who report an incident will automatically be offered a liaison, who will provide support services throughout the investigation, legal process and beyond if needed. They will provide advocacy services to ensure victims’ needs are met and that victims are linked with other services to meet their individual needs.

For more information on the VLP, contact the Victim Liaison Coordinator/Family Advocacy officer at 283-7511.



Thinking  
about get-  
ting out?

Think again!

Get the facts  
first. Call  
Senior Master  
Sgt Jeffrey  
Kahapea, 325th  
Fighter Wing  
career assis-  
tance adviser  
at 283-2222  
(283-Career  
Assistance Ad-  
vice Anytime).

FOCUS ON THE

OF SEXUAL ASSAULT

Make  
The Call!

HO AETC HOTLINE (TOLL FREE)  
1-888-351-9477



# Officials announce 2005 BAH rates

WASHINGTON (AFPN) — Department of Defense officials released the 2005 Basic Allowance for Housing rates Dec. 15, continuing to reduce servicemembers’ out-of-pocket housing costs.

Three main components are included in computing the allowance: median current market rent, average cost for utilities and average renter’s insurance. An estimated \$12.3 billion in allowance payments will be made to more than 910,000 servicemembers in 2005.

In total, the planned increase is about \$2.5 billion, officials said. The 2005 rates represent the final phase of the planned buy-down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation.

Out-of-pocket expense, the portion of the typical servicemember’s housing cost that he or she is responsible for, has been reduced from 3.5 percent last year to zero this year. The 2005 rates represent the final phase taken to bring the average out-of-pocket expense to zero; however, the actual expense for an individual may be higher or lower than that average, based on the actual choice of housing, officials said.

For Airmen with dependents, average increases in the allowance for fiscal 2005 are about 8 percent. For example, a typical senior airman with dependents will find his or her allowance about \$47 per month higher than last year. A senior master sergeant with dependents will have about \$60 more in his or her paycheck.

An integral part of the BAH program

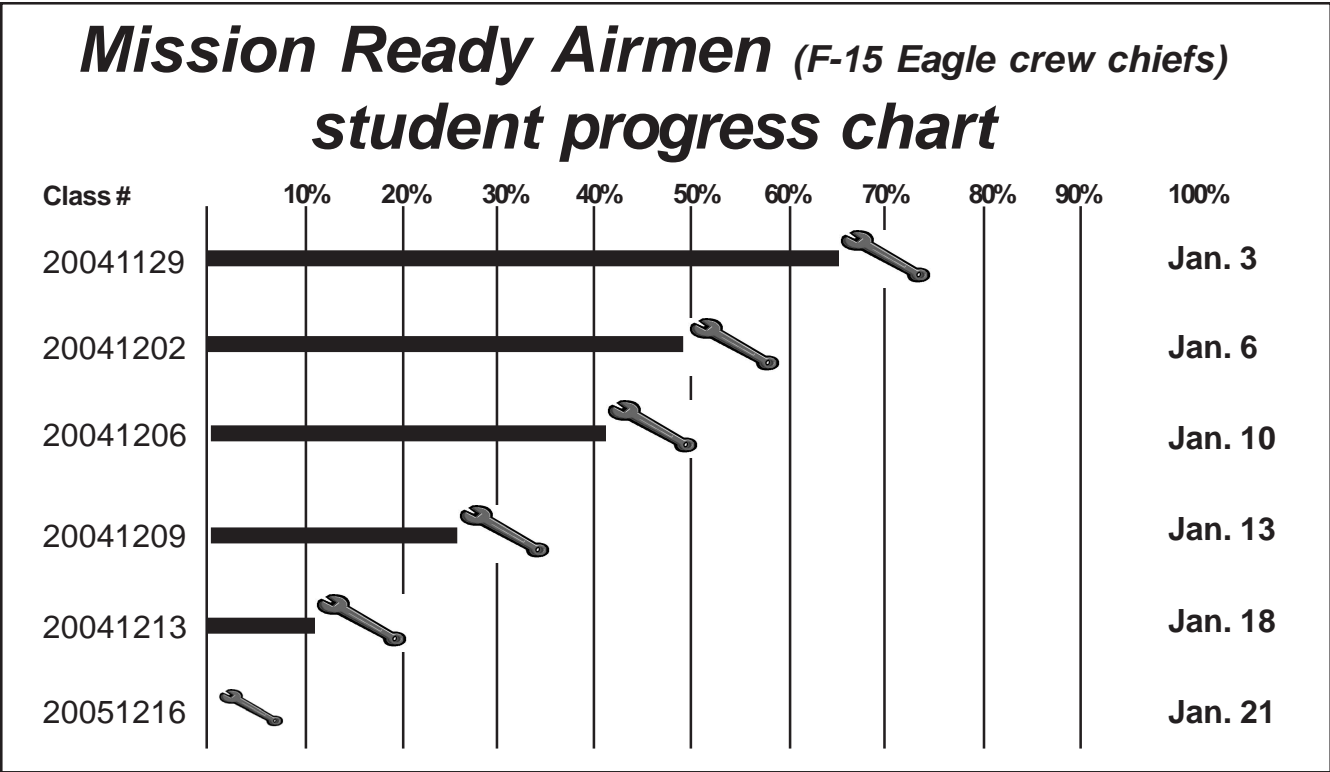
is the provision of individual rate protection to all servicemembers. No matter what happens to measured housing costs, no one in a given location will see a BAH rate decrease. This policy assures that people who have made long-term commitments in the form of a lease or contract will not be penalized if the area’s housing costs decrease.

Geographic-rate protection has also been provided to servicemembers. Geographic-rate protection maintains an allowance rate at last year’s level while the planned buy down in out-of-pocket expense is phased in. The protection means that newly arrived servicemembers to an area will not see rates that are substantially less than current peoples’ rates, officials said.

## BAH rates for Tyndall AFB

Single		W/Dependent
\$667.00	E-1	\$834.00
\$667.00	E-2	\$834.00
\$667.00	E-3	\$834.00
\$667.00	E-4	\$834.00
\$725.00	E-5	\$914.00
\$765.00	E-6	\$1,007.00
\$840.00	E-7	\$1,053.00
\$932.00	E-8	\$1,103.00
\$961.00	E-9	\$1,166.00
\$914.00	O-1E	\$1,063.00
\$955.00	O-2E	\$1,125.00
\$1,007.00	O-3E	\$1,186.00
\$754.00	O-1	\$925.00
\$886.00	O-2	\$1,005.00
\$974.00	O-3	\$1,132.00
\$1,057.00	O-4	\$1,252.00
\$1,088.00	O-5	\$1,335.00
\$1,134.00	O-6	\$1,346.00
\$1,157.00	O-7	\$1,362.00





# Dozens of Airmen face retraining

**RANDOLPH AIR FORCE BASE, Texas** - Many Airmen have taken their careers in their own hands by volunteering to change career fields or separate under the initial phase of the Air Force's Fiscal Year '05 Noncommissioned Officer Retraining Program.

In Phase I of the program, Air Force officials notified more than 3,000 Airmen selected as vulnerable to retrain and asked them to submit their choices of shortage career fields they would most like to retrain into.

As part of NCORP Phase II, 668 active-duty Airmen have been targeted for involuntary retraining into another Air Force specialty

chosen for them by the Air Force Personnel Center enlisted retraining staff here.

Phase II began Dec. 2 and will run through Feb. 28.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting Airmen where they are needed most," said Tech. Sgt. Catina Johnson-Roscoe, NCO-in-charge of Air Force Enlisted Retraining.

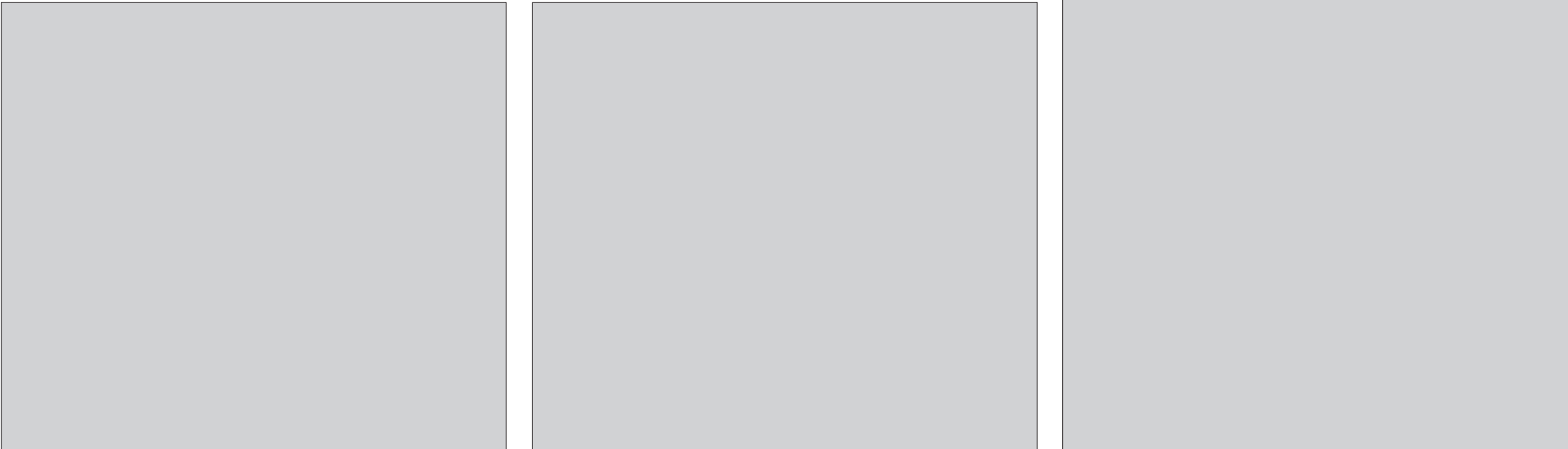
"The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages," said Chief Master Sgt. Terrence Reed, chief of AFPC's Skills Management Branch.

"We will work with those Airmen who are selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the Airman and his or her family while still meeting the needs of the Air Force," said Sergeant Johnson-Roscoe.

Vulnerability listings by grade and Air Force Specialty Code are posted on the Web and will be updated weekly on the Air Force Personnel Center's Web site at [www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm](http://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm).

Anyone interested in more details about the program can contact the local military personnel flight.

*(Courtesy of the Air Force Personnel Center News Service)*





# Retraining FAQs

**Q: Am I eligible to apply for retraining?**

A: You can apply if you are within your retraining “window,” and are promotion/reenlistment eligible, with no unfavorable quality factors (i.e., Article 15 action, control roster, projected or current referral enlisted performance reports, or not recommended for entry into upgrade training.)

**Q: When is my retraining window?**

A: First-term Airmen who are four-year enlistees can apply for retraining no earlier than the first duty day of the month during which they complete 35 months of their current enlistment but no later than the last duty day of the 43rd month of their current enlistment

Six-year enlistees can apply for retraining no earlier than the first duty day of their 59th month, but NLT the last duty day of the 67th month of their enlistment.

Second-term Airmen can apply anytime during their enlistment, provided “retraining out” objectives for their current Air Force Specialty Code and rank exist. Member must contact MPF Retraining Office at 523-2145 for information.

**Q: Once I know what AFSCs I would like to apply for, what’s my next step?**

A: You must contact the Military Personnel Flight Retraining Office at 523-2145 to schedule an appointment. Bring your AFSC preferences with you to this appointment.

**Q: Once I apply for retraining, how long does it take to find out if I’m approved/disapproved?**

A: The Quality Retraining Program board for selection of retraining is conducted the third week of every month. Approvals can take up to three to four weeks to update.

All applicants not selected will remain as pending or cancelled (if not selected after three boards). Approval/disapproval notices will flow after the last board has been convened. Accessing the Virtual MPF is another means of inquiring on status. Do not call the Retraining Office until you have meet all three boards.

Call Senior Master Sgt. Jeffrey Kahapea at 283-2222 if you have questions. As the Career Assistance Advisor he will help guide you through the process and can describe the career choices in more detail. Also, he has contact lists for most career fields, and you can talk to them to find out the good, bad, and ugly of your prospective career choices.



# Holiday fire safety: one hot topic

**MICHAEL NEWBURY**  
325th Civil Engineer Squadron

The joy of the holiday season is magical. It's a great time of year to forget all the stresses of everyday life and to get caught up in the festivities and happiness. For some, however, it is also a time that we will let our "safety guard" down and fall victim to some of the unfortunate evils of the season. Here are some tips to help keep the holidays happy.

Weeks of hard work wrapping presents comes to an end when families gather by the Christmas tree and gift wrap is strewn about the living room floor. Wrapping paper, cardboard boxes, packing peanuts and the like now adorn your festive foyer, but

this often overlooked hazard could spell disaster if left unchecked.

Be sure to collect all used gift paper and materials into garbage bags and store away from sources of heat. Wrapping paper and boxes easily catch fire and can quickly fall victim to the hungry space heater or fireplace ruining your holiday fun. Keep anything that can burn such as books, paper, and clothing at least three feet away from space heaters or open flame.

After the holiday new items occupy bookshelves and entertainment centers. This is a great time to update or create an inventory of the contents of your home. Take pictures or video items of value, tak-

ing care to note serial numbers, descriptions and values. Should efforts to avoid a fire fail or your home is burglarized, it will be easier for the insurance company to replace valuables.

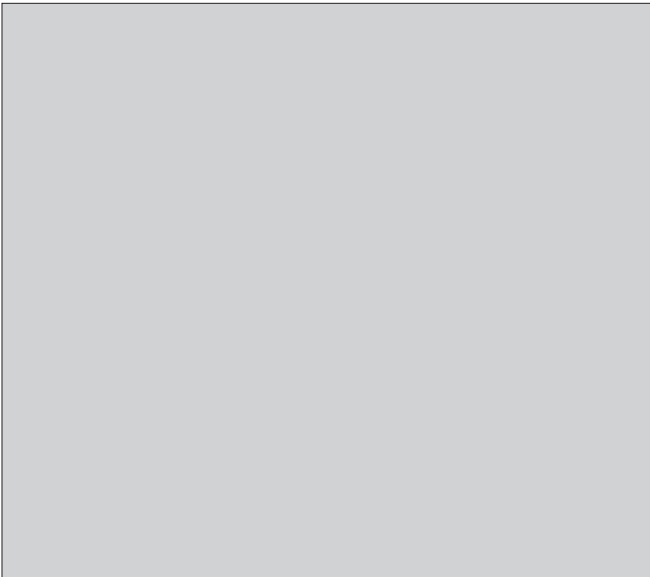
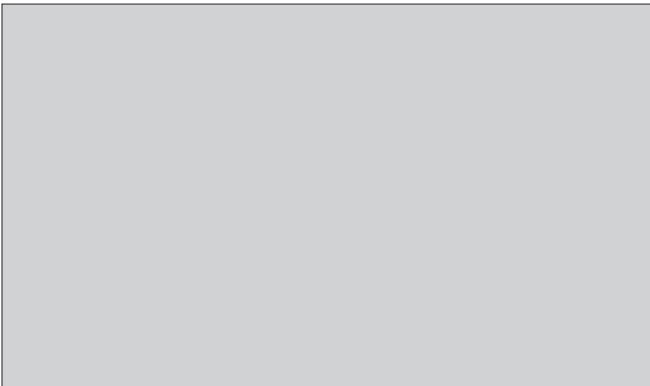
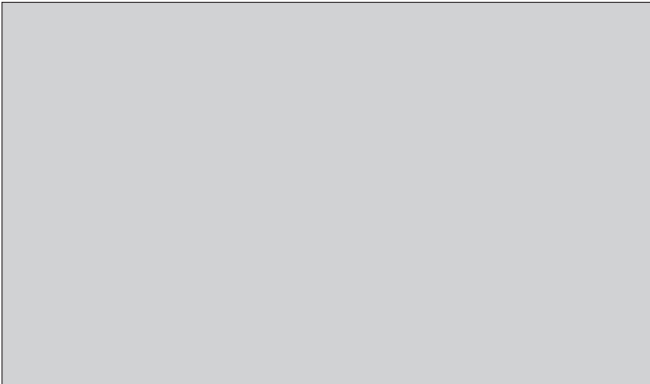
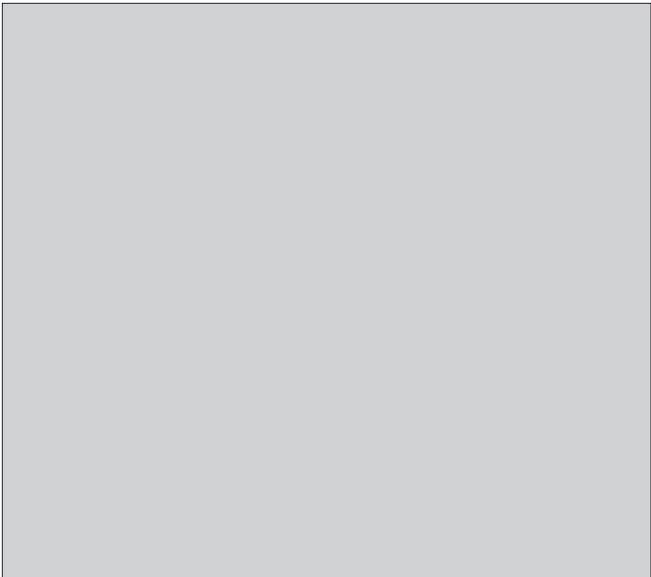
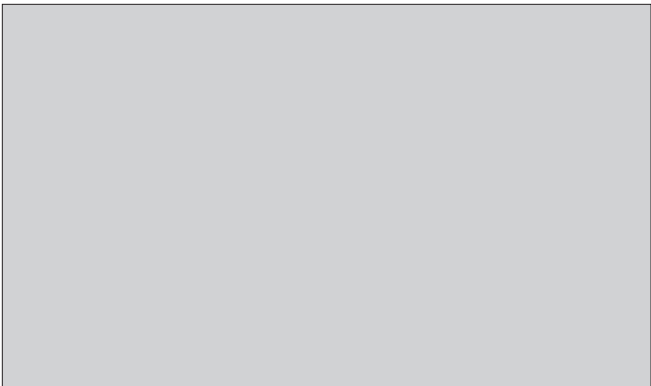
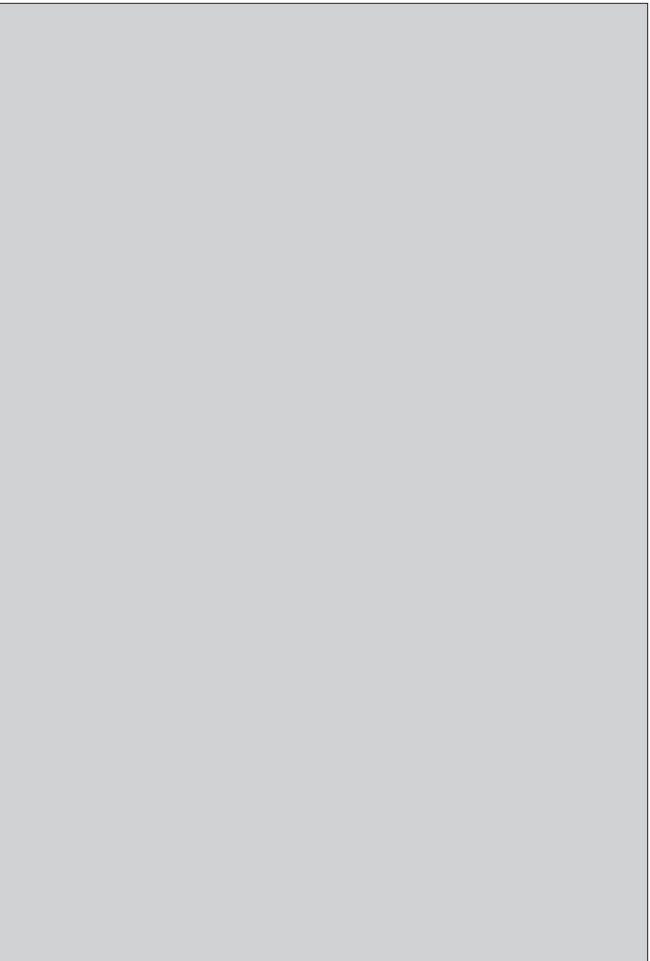
Many people who rent or live on base do not insure personal possessions. Renters insurance is always a great idea. It is affordable and can usually be purchased through the same company that insures your vehicle.

Also, many people will enjoy a holiday party or two this season, and folks with children may need to arrange for daycare. If you leave your children in the care of a babysitter, here are some important tips to follow: All households should have a des-

ignated meeting place outside where everyone gathers after escaping a fire. Make sure the sitter is familiar with your home, all of its exits and how to unlock each window and door.

Additionally, leave emergency phone numbers next to the phone such as your contact number, police, fire and the poison control center. Instruct the babysitter to dial 911 in case of an emergency. In the case of a fire, call from a safe location, either outside or from a neighbors house.

If you have safety-related questions or concerns this holiday season, contact the Tyndall Fire Department at 283-4777 or 2909. The fire department is staffed 24 hours a day.



# Checkertail Salute

Tech. Sgt. Charlie Carr



Lisa Norman

**Sergeant Carr receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.**

The Checkertail Clan salutes Sergeant Carr, who aided in the creation and design of the “Where do I go in the MPF?” customer board located in the entrance to the customer service section. He initiated a complete review of customer service processes and instituted a comprehensive training program, as well as implemented a records pick-up only entrance to cut down the flow of traffic and disruptions in the customer service waiting area. He also successfully coordinated and prepared the 325th Mission Support Squadron team for competition in the 325th Mission Support Group Combat Challenge, earning 50 commander points by placing third in the tug-o-war.

**Duty title:** 325th Mission Support Squadron superintendent of customer service

**Time on station:** Four years

**Time in service:** 15 years

**Hometown:** Tampa, Fla.

**Hobbies:** Football and basketball

**Goals:** Earn my master's degree in human resources

**Favorite book:** “The Autobiography of Malcom X”

**Favorite movie:** “Last of the Dogmen”

**Favorite thing about Tyndall:**

Closeness to home

**Pet peeves:** Leaders who don't lead

**Proudest moment in the**

**military:** Making master sergeant

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*



# 'Twas the week before Christmas



Lisa Norman

Top: Brig. Gen. Jack Egginton, 325th Fighter Wing commander, and his wife Moe, sing Christmas carols along with the Youth Center Singing Club at the Base Tree Lighting ceremony Dec. 2. Bottom: Clockwise from right - Elijah Suh, Thomas Howell, Kelsey Downer, Devin McGrew, Anna Mackenstadt, Cassidy Feldt, Kayliyah Carrington, and Gabrielle Pruitt sing songs and tell the Christmas story during the Tyndall Chapel Christmas Program.



2nd Lt. William Powell

... everybody



and all through the base ....



Lisa Norman

Left: Second Lt. Carolyn Czepiga, 325th Services Squadron officer in charge of readiness, dances with Ray Graska during the Golden Age Christmas party held at the Enlisted Club here Wednesday. Right: From left - Joey Leo and Matthew Hall create a beaded necklace and bracelet at the beaded crafts table at the Tyndall Youth Center's Pancake Breakfast with Santa Dec. 4. The different craft tables were just some of the activities that kept children busy during the annual holiday event. Bottom: Airman 1st Class Tiffany Auricchio, 325th Fighter Wing chaplain assistant, organizes gifts donated through the Angel Tree project. In conjunction with the identical Base Exchange program, 580 gifts were donated this year and will benefit Tyndall children exclusively.



Steve Riddle



2nd Lt. William Powell

body was wearing their holiday face.



## Briefs

**2004 decals expire soon**

Vehicle owners who have an expired 2004 DD Form 2220/Department of Defense Vehicle Registration decal now have less than two months to renew their vehicle registration with the Pass and Registration section. To renew, the driver must bring his driver's license, current state registration form and current proof of insurance for each vehicle to be updated. Pass and Registration is open from 7:30 a.m. to 4:30 p.m. Monday - Friday and is located in Room 220, Bldg. 662. For more information, call 283-4191.

**RAO position open**

The Retiree Activities Office has a director position open. The RAO director writes for the base paper, puts a newsletter together and attends retiree council conferences. To apply, call 283-2737 from 9 a.m. to noon Monday - Friday.

**Air Force Reserve opportunities**

The Air Force is accepting applications for the Palace Chase Force Shaping program. Members who are thinking about leaving active duty early can transfer their commitment into the Air Force Reserve without having to payback bonuses, and while maintaining many of the same benefits. There are Air Force Reserve opportunities available in many locations in the United States and overseas. The member chooses the location. Re-training into a different career field is also an option. For more information please contact Master Sgt. Randi Baum at 283-8384 or visit the Military Personnel Flight located in Room 222, Bldg. 662.

**Special Olympics promotion**

Special Olympians will be at the Tyndall Commissary from 9 a.m. to noon Jan. 4 handing out coupons, flyers, and free cake and punch for a special promotion. Procter & Gamble, partnering with Special Olympics, will donate 10 cents for each coupon savings, up to \$750,000, on purchases from Dec. 26 to Jan. 31. This year's Regional Special Olympics will be held in Bay County March 19. For more information, e-mail bachurchwell@comcast.net.

**GCCC update**

Gulf Coast Community College will buy back books at the Tyndall Education Center Wednesday from 4 - 6 p.m. The school

**Wrap stars ...**

**From left: Airmen 1st Class Celene Delice, 325th Mission Support Squadron formal training agent, and James Cunningham, 325th MSS records custodian, wrap a gift for a Base Exchange customer here Dec. 15. The squadron provided the gift wrapping service to raise money for their booster club. The squadron will offer the service again Sunday from 8 a.m. to 7 p.m.**



2nd Lt. William Powell

office hours for the Christmas holiday will be 8 a.m. to 4 p.m. Monday - Thursday and they will be closed Dec. 24 to Jan. 2. All school fees are due by Jan. 3. There will be a placement test at the Education Center Jan. 4 at 1 p.m. The cost is \$4 and you must sign up at the Tyndall office before the test date to guarantee a spot. The Spring 2005 term begins Jan. 6 and ends May 6. Registration for these classes are on Jan. 4 and 5 from 4 - 6 p.m., and Jan. 6 and 10 - 12 from 4 - 6:30 p.m. For more information, call 283-4332.

**New York Air National Guard**

The 109th Airlift Wing in Scotia, N.Y., has traditional Guard vacancies in the following career fields: 1C3X1, 1N0X1, 2A5X1, 2A5X3A&B, 2A6X1, 2A6X2, 2A6X4, 2A6X6, 2A7X1, 2A752, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 2T2X1, 3E0X1, 3E0X2, 3E1X1, 3E3X1, 3E4X3, 3E7X1, 3M0X1, 3P0X1, 3S0X1, 4A0X1, 4D0X1, X4N0X1, and 6C0X1. Contact Master Sgt. James Reeves, 109th AW recruiting office supervisor, by phone at DSN 344-2457 or 1-800-524-5070, or by e-mail at James.Reeves@nyscot.ang.af.mil for more information.

**Commander's Access Channel**

Air Force News airs on the Commander's Access Channel (Channel 12) at 8 a.m., noon, 2, 4, 6 and 10 p.m. everyday.

Featured this week is:

- Dream comes true for amputee pilot
- Air Force pilot wears his badges with honor
- Air Force exercise debuts on IMAX screens
- Secretary of the Air Force/assistant to step down
- New weapon in the skies over Iraq
- Doctors at Iraqi hospital treat "other" injuries
- Airmen help combat massive humanitarian crisis in Africa
- Observing a milestone in Air Force broadcasting
- Recreational centers returned to German government
- Training for space and missile defense
- Don't call him a rodeo clown; he's a bull-fighter

**Santa visit**

Free photos with Santa will be available at the Commissary Monday from 11 a.m. to 1 p.m.

**BX/Commissary holiday hours**

*Dec. 24:*

Base Exchange - 8 a.m. to 5 p.m.  
Commissary - 9 a.m. to 4 p.m.  
Shoal Point - 11 a.m. to 6 p.m.  
Felix Lake - 6 a.m. to 7 p.m.  
Class Six - 8 a.m. to 5 p.m.

*Dec. 25:* All closed

*Dec. 26:*

Base Exchange - 10 a.m. to 5 p.m.  
Commissary - 9 a.m. to 6 p.m.

Shoal Point - 11 a.m. to 6 p.m.  
Felix Lake - 6 a.m. to 9 p.m.  
Class Six - 10 a.m. to 6 p.m.

## Classfieds

**Toys for sale**

Little Tikes country playhouse, good condition, \$75; Hot Wheels pink 2-seat Barbie Jeep, looks new, \$100. Call 286-1842.

## Chapel Schedule

**Catholic services held at Chapel 2:**

Daily Mass - 11:30 a.m. Monday-Friday  
Reconciliation - before Saturday Mass or by appointment  
Saturday Mass - 5 p.m.  
Sunday Mass - 9:30 a.m.  
Religious Education - 11a.m. in Bldg. 1476  
*Holiday hours:*  
Children's Mass - 5 p.m., Dec. 24  
Christmas Cantata - 4:30, 10:30 p.m., Dec. 24  
Christmas Vigil Mass - 11 p.m., Dec. 24  
Christmas Day Mass - 9:30 a.m., Dec. 25  
New Year's Day Mass - 5 p.m., Jan. 1

**Protestant services at Chapel 1:**

Communion service - 9:30 a.m.  
Religious Education - 9:30 in Bldg. 1476  
General Protestant service - 11 a.m.  
Sunday Night Live Service - 6 p.m.  
*Holiday hours:*  
Candle Light/Communion - 7:30 p.m., Dec. 24 at Chapel 2

# Tyndall triathletes take on Ironman

**AIRMAN 1ST CLASS SARAH McDOWELL**  
325th Fighter Wing Public Affairs

When people look at the emerald waters and the restaurant- and entertainment-clad streets of Panama City, rest and relaxation usually come to mind; but three Tyndall triathletes see these amenities as a challenge.

Jennifer Kiel, David Dentino and 1st Lt. David McGraw have been spending a lot of time in the waters and the streets of Panama City, but it hasn't been a vacation. They have been pushing their physical limits for the annual Ironman Triathlon, and have learned that it takes more than a fit body to become such an athlete – it takes goals, patience and a lot of spirit.

"The Ironman Competition takes you down to your last ounce of energy while you are training, and you need to be dedicated for that race," said Ms. Kiel, Air Force Research Lab fire and research scientist and two-year veteran of Ironman. "But, afterwards it is a sense of accomplishment that is unparalleled by any other competition."

First Lieutenant McGraw, Air Force Research Lab Detachment 2 executive officer, has been an Ironman competitor for three years, and said being goal oriented is a must to participate in this event.

"If your goal is to just

run everyday, sometimes you can't see the end result. But, if your goal is to get better for a race, then you are constantly working towards that and you get the mentality that you are doing this for a reason," he said.

The 140-mile race begins with a couple thousand people swarming into the water at once for the 2.6 mile swim. Next, the racers hop onto their bikes to pedal 112 miles before transitioning to the 26.2-mile run, according to Ms. Kiel.

The athletes train intensely for the final few months leading up to the competition.

"I train anywhere from 12-17 hours per week, depending on the week and my training goals," said Mr. Dentino, 325th Civil Engineer Squadron deputy commander. "A typical training week consists of three hours of swimming, six to nine hours of biking, three to five hours of running and two and a half hours of lifting weights."

The amount of training, as well as the actual event, may seem like a lot of work and determination.

But, the athletes agree

that setting goals is the best start for anyone who would like to embark on such an endeavor.

"Just start," said Lieutenant McGraw. "I think the biggest hindrance is when people get caught up in the fact that all the events are so

long and physically demanding. All you have to do is start working towards your goal in small chunks. I think anybody could do it. You just have to start trying."

In addition, one of the benefits of the training and competition is the building of self-confidence from accomplishing what others may feel is impossible.

"When you think about racing for 140 miles, most people would think that it can't be done," Lieutenant McGraw added. "But, the Ironman meet is more about the journey to get to the race, than the race itself. It's not something you can decide to do a week or month ahead of time, it takes patience and discipline to hold

onto your goals and convince yourself to keep going."

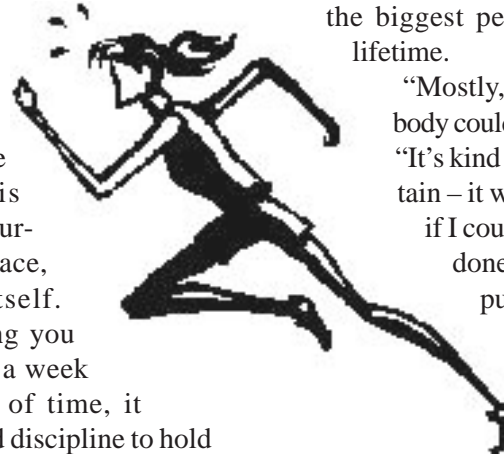
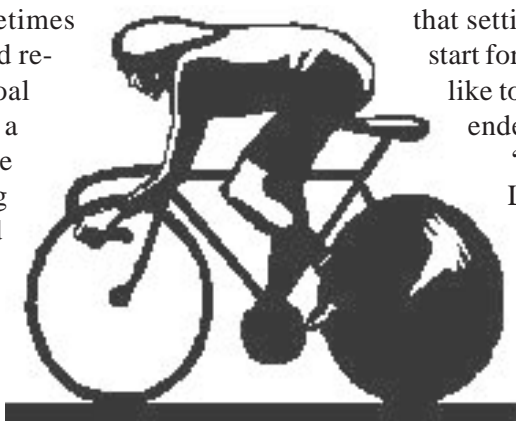
For Ms. Kiel, the competition is about personal accomplishment, and she believes people should follow their dreams.

"If someone needs inspiration to train for a competition, they should watch the end of an Ironman. It is like no other sporting event you have seen," she said.

"The finish is an emotional experience actually," Lieutenant McGraw said. "When you are running in [to the end], a lot of families stand about a hundred meters from the end and they run with their mom or dad, and it's emotional for some when they complete what once seemed unbearable. You can see it on people's faces that they are trying real hard, and most people aren't concerned with their place, they are just concerned with finishing."

The event hosts thousands of competitors annually and most see it as one of the biggest personal challenges of a lifetime.

"Mostly, I wanted to see if my body could do it," Mr. Dentino said. "It's kind of like climbing a mountain – it was there and I wondered if I could finish it. Now that it's done, I know how far I can push myself – both mentally and physically. For the rest of my life, I can say that I did the Ironman!"



## Tigers sweep Knights in weekend match-up

The Tyndall Tigers men's varsity basketball team, 14-2, conference, 18-3 overall, swept their two contests versus the visiting Knights of Moody Air Force Base, Ga., in Southeastern Military Athletic Conference action.

In Saturday's game, both the Tigers and Knights started out cold as the points were few and far between. Tyndall finally began to heat up at the end of the first half to take a 22-18 lead into the intermission. In the second half, the Tigers' momentum continued as they combined an aggressive man-to-man defense with their rekindled shooting stroke to forge a double digit lead that reached as many as 23 points, despite using liberal substitutions, to take the victory. At game's end, Tyndall walked away with an impressive 75-56 win.

Rob Montgomery paced the Tigers in scoring with

a game high 15 points, followed by Elvin Walker with 14, Tommy Nixon and Mark Pough with 11 each and Omar Johnson with 10. Montgomery and Lance Clark tied for team rebounding honors with 11 each. Johnson led in assists with eight, and Nixon had four steals. Terrius Smith led Moody in scoring with 14 points.

Sunday's game saw the two squads go back and forth throughout the first half, before Tyndall went on a 7-0 run at the end of the half to take a 32-25 lead at the break. In the second half, the Tigers extended their lead to 14 points, but the Knights refused to quit as they battled back to tie the score at 66-66 with 2:23 remaining to be played. Tyndall used three consecutive defensive stops and baskets by Rob Montgomery and Omar Johnson to bring Tyndall over Moody 70-66. With the four point lead, the Tigers went into their delay game

which in turn caused Moody to foul. Tyndall then connected on seven out of eight free throw attempts to clinch the victory 75-71.

Elvin Walker led the Tigers in scoring with a game high 23 points, followed by Omar Johnson with 18 points and Tommy Nixon with 17. Rob Montgomery and Lance Clark again shared team rebounding honors with 10 each, and Johnson again led in assists with six. Clint Williams led Moody in scoring with 18 points.

The Tigers and Lady Tigers will travel to Keesler AFB, Miss., this weekend to challenge the Dragons in their last games of the year. They will return to action after the holiday break on Jan. 8 and 9 to host the Eagles from Eglin AFB, Fla.

*(Courtesy of the Tyndall Tigers)*





# Funshine NEWS

December 17, 2004

www.325thservices.com

## Golf Holiday Basket Specials

Holiday gift basket specials \$35-\$100  
Anything a golfer would want for Christmas  
with a value of \$50-\$150  
Baskets available through Dec. 24

**Holiday Manager's Specials**  
also on select clubs  
in the Pro Shop.

**286-2565**



## Breakfast at the Community Center Snackbar

**Only \$3.00 - 6:30-10 a.m.**

2 eggs prepared any way,  
hashbrown or grits, your  
choice of sausage, bacon or ham,  
white or wheat toast.

Call in your to go order: 283-2814



## Fed Ex Holiday Packages from the Community Center!

Which include:  
Priority Overnight  
Standard Overnight  
Economy 2 Day  
Express Saver 3 Day  
Our rates beat the others!  
Continental USA by Dec. 18

Packages must be received by 1:30 p.m. for Overnight (there are some exclusions with overnight - CAC staff will give details).  
Accepting packages up to 10 lbs.

**283-2495**

## Outdoor Recreation

☎ 283-3199

### Winter Boat Rental Special

During our winter season patrons may rent any boat for half or full day at half price.  
Please note fuel costs are not discounted.

## Youth Center

☎ 283-4366

### Gymnastics Instructor Wanted

The Youth Center is looking to expand our Instructional Programs by incorporating Gymnastics and Tumbling classes for all ages. We are looking for a Gymnastics Instructor to start classes as soon as possible. If you are interested and have the necessary qualifications contact Andy at 283-4366.

## Bowling Center

☎ 283-2380

### Pro Shop Sale

Buy great Xmas presents for your favorite bowler now until Dec. 23.

## Community Center

☎ 283-2495

### New Cardio Center

Bldg. 912 (Old Teen Center), Pilates  
Classes: 5:15-6:15 p.m. Tues. & Thurs.,  
12-1 p.m. Wed & Thurs., Yoga Classes 5-6  
p.m. Mon. & Weds., Pilates Classes Cost:  
10 Class punch card \$30 or \$6 per class.  
Yoga Classes Cost: 10 Classes punch  
card \$35 or \$6 per class, punch cards  
available at the CAC Bldg. 1027. Call  
283-2495 for more info.

### Open Mic Night

Dec. 22 at 5 p.m. Sports Page Pizza Pub

## Holiday Hours of Operation

**Aero Club:** Closed Dec. 24, 25, 30 & 31

**Bonita Bay:** Closed Dec. 20-Jan. 1

**Community Center:**

open Dec 23, 10 a.m.-3 p.m. Closed Dec 24-Jan. 1

**Enlisted & Officers' Clubs:**

closed noon Dec. 23-Jan. 2, except for special functions

**Fitness Center:** closed Dec. 25

**Graphic Impressions:** closed Dec. 24-31

**Human Resource Office:** closed Dec 23, 24, 30 & 31

**Information, Tickets & Travel:**

closed Dec. 23-Jan. 3. Will reopen Jan. 4 at Community Center (new location)

**Library:** open Dec 21-23 & 28-29, 9 a.m.-5 p.m. Closed Dec. 24-27, 31 & Jan. 1; Open Jan 2, 1-6 p.m.

**Oasis Snack Bar:**

**Marina Club:** closed Dec. 24, 25 & Jan. 1

**Pelican Point Golf Course:**

Dec. 25 walkers only; other areas closed

**Raptor Lanes:** closed Dec. 24, 25, 31 & Jan. 1

**Skills Development Center:** closed Dec. 23-Jan. 3

**Vet Clinic:** closed Dec. 24, 25, & 31

**Youth Ctr. School Age:** closed Dec 23-24 & 30-31;  
Open Recreation, closed Dec. 22-27 & Dec. 29-Jan. 1

325th Services Squadron is

## Entering the ICE AGE

I.nteractive C.ustomer E.valuation

**Who?**

Anyone with a great suggestion or comment on the service they just received.

**What?**

A web-based customer feedback system that sends an automatic email to the service provider manager

**When?**

At your convenience (within 90 days of service), you have a great idea, or just to say "Thank You!"

Look for ICE at: <http://ice.disa.mil>

## All Ranks New Years Eve Party

CAC Pizza Pub and Ballroom

**Tickets on Sale until Dec. 23**

at the Officers' and Enlisted Clubs  
and the Pizza Pub

**Dec. 31, 7 p.m.-2 a.m.**

Sports Page Pizza Pub and Community Center

**\$12 Club Members, \$15 Non-Members**

**Couples Special: \$20 member couples**

**\$25 non-member couples**

**Tickets will be \$5 more at the door.**

Price includes entertainment, party favors, split  
"Pizza-Plus" Buffet (Served 7-9 p.m.).

Breakfast Calzone

W/Egg, Sausage, Cheese & Salsa

12:30-1:30 a.m.

Two DJs for your enjoyment will be

playing for the entire evening

Located in the Pizza Pub and the CAC Ballroom

Fun & Games & Spot Giveaways All Evening:

Karaoke & Trivia Contests and Special Drawings

Throughout the Evening

Theme - The Roaring 20's!

Come in period dress

Prizes for Best Dressed Man & Woman

**283-3332**

## Raptor Lanes Sealed Bid Auction

**Gil Mac Ball Drilling Equipment**

Includes: Drill, Bits and Gig

Minimum Bid \$300

**Menu Board (Lighted)**

For Translucent Material

Min. Bid \$50

Sealed Bid Auction Closes 4 p.m., Dec. 17

**283-2380**

## Football Frenzy at the Pizza Pub

**Bldg. 1027 on Louisiana Ave.**

Prizes include: an XBOX system, T-shirts, coolers  
and hats for Club Members!

**For more information**

**283-3222 / 283-2814**

Every Sun. 11 a.m.-11 p.m. and Mon.  
until 11 p.m. is your chance to win trips  
to the Pro Bowl and even the Super Bowl!



No federal endorsement of sponsors intended.



All Ranks at the Enlisted Club

## Dinner and A Movie

Thurs., Jan. 13

## Cellular

**Pasta Buffet 5-7 p.m.**  
**Movie 7 p.m.**

Buffet style dinner: \$6.95

Member price: \$5.95

Non-Member Children: \$3.95

Children age 7 and under eat free.

Youth under age 16 must be  
accompanied by an adult.

Movies subject to availability.

**283-4357**

Sports Page Pizza Pub at the CAC

## Open Mic Night

Are you a singer, musician,  
comedian or poet?

Come out and join us!

**Dec. 22, 5-9 p.m.**

1/2 off all Appetizers

\$1.00 Beverage Specials

**Call at 283-3222**

**or 283-2495**

**for more information.**



## Outdoor Recreation

Holiday Hayride &

Marshmallow

**Roast December 18**

**Shuttle Times:**

3 p.m., 4:30 p.m., 6 p.m., 7:30 p.m., 9 p.m.

Departs Youth Center Parking Lot

Reservations Recommended

Campfire & Hot Chocolate At Felix Lake

Santa & Horse Parade in

Housing at 6 p.m.

Admission: Minimum of 1

nonperishable good per

person

**Bonita Bay 283-3199**





## ***Student Tracker***

Number of students graduated for the year

**Intelligence:** 43

**Air Battle Manager:** 151

**Air Traffic Control:** 22

**F-15 Eagle B-Course :** 62

**Mission Ready Airmen:** 640

**F/A-22 instructor pilots:** 10

**F/A-22 maintainers:** 123



2nd Lt. William Powell

### **Inside intel**

Staff Sgt. Ramon Martinez, 325th Operations Support Squadron Intelligence Flight instructor, demonstrates aircraft maneuvers to a group of enlisted and officer intelligence trainees. Students learn to give threat and tactics briefings to pilots and assist in pilot mission planning. Following a six-month training program at Goodfellow Air Force Base, Texas, students receive four weeks of F-15C Eagle-specific training here. Approximately 40 enlisted and officers graduate the intelligence training program each year here.

# Tracking Santa NORAD's 50-year tradition

**MASTER SGT. BOB SPIERS**

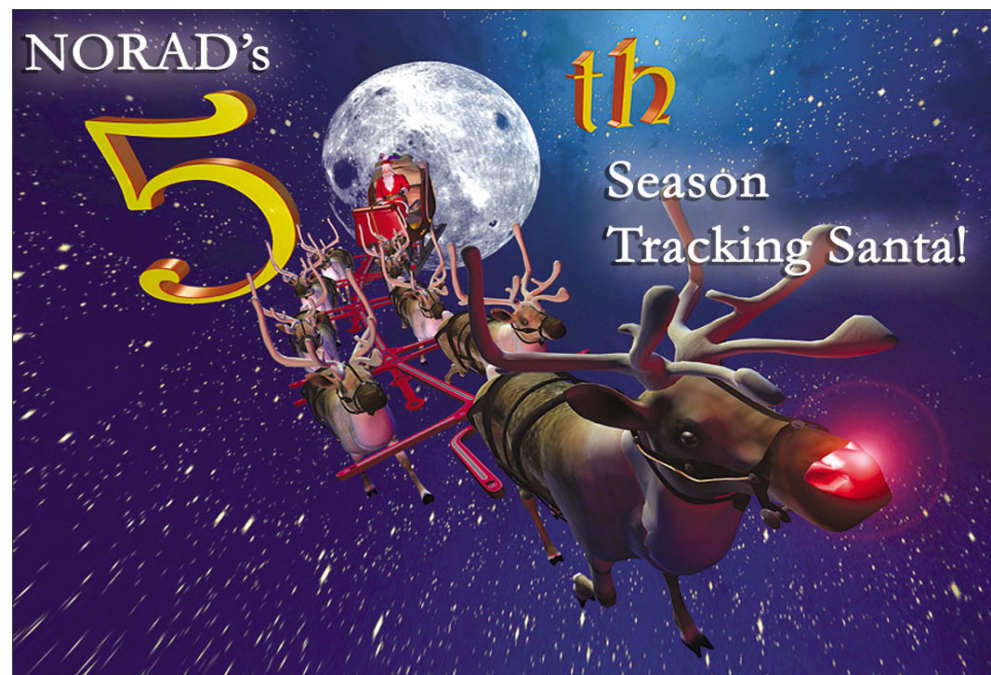
1st Air Force History Office

North American Aerospace Defense Command personnel are gearing up for the command's annual Santa tracking campaign, a tradition which began half a century ago.

The NORAD tradition of tracking Santa on Christmas Eve started in 1954 by accident after a local newspaper ran a "Santa Hotline" advertisement for a department store. Ironically, the phone number included in the ad was the operations hotline for Continental Air Defense Command, NORAD's predecessor.

Military personnel were very surprised to find children calling the hotline looking for Santa. Col. Harry Shoup, the senior officer on duty that night, took the first call, and thinking quickly, said he was helping Santa and could see him on the radar screens heading south from the North Pole.

The local media heard about the calls and reported the story locally. The fol-



lowing year, calls came flooding into the hotline again and a tradition was born. NORAD assumed the tradition in 1957, and the program gradually expanded over the years until it hit

the internet in 1997 with the [www.noradsanta.org](http://www.noradsanta.org) Web site.

Each year, hundreds of NORAD volunteers man the phones and computers of the Cheyenne Mountain, Colo., visitor

complex to answer thousands of phone calls and e-mails, and the Web site logs millions of hits. In fact, during the 2003 season, the Web site logged 577 million hits between Dec. 23-25, and volunteers received more than 49,000 phone calls and answered 60,000 emails.

This year, parents and children are invited to contact Santa tracking personnel by calling 1-877-HINORAD (446-6723) or visit the Web site, which is offered in six languages, to learn more about NORAD and its Santa tracking campaign.

Additionally, the Web site contains various Christmas-related facts, celebrity holiday messages, musical selections from the U.S. Air Force Academy Band and the Naden Band of the Canadian Navy, and beginning Dec. 24 a "Santa Cam," which captures the "Jolly Old Man" flying over landmarks of the world as he delivers presents to boys and girls.

*(Compiled by 325th Fighter Wing Public Affairs)*



# Everything, plus the kitchen sink:

## *Dorm managers work with facilities, Airmen daily*

**SENIOR AIRMAN BENJAMIN ROJEK**  
325th Fighter Wing Public Affairs

The job can be thankless at times. Not only are they required to be a jack-of-all-trades when it comes to maintenance and repair work, but also disciplinarians for junior Airmen. The hours can be long and may include occasional weekend duties, but they volunteered for this.

Welcome to the working world of the dorm manager, men and women who know their way around a toolbox, Air Force forms and publications, and the minds of the Airmen they are charged with overseeing.

"We support all of the functions of dorm life," said Staff Sgt. Raymond Bryant, a dorm manager here for the last two years. "We pretty much take care of everything outside of cutting the grass."

Dorm managers learn how to become all-around handymen through a five day school at the Jacksonville Naval Air Station and a lot of on-the-job training.

According to Master Sgt. Caesar Lagleva, the dorm manager superintendent, the OJT is a daily routine of checking Airmen in and out of the dorms, keeping up with the maintenance of the dormitory yards and buildings and, unfortunately, disciplining those Airmen who do not follow the rules and regulations of dorm life.

"The hardest part of this job is telling the residents no," said Sergeant Bryant. "It's usually issues like painting their rooms, having pets or overnight guests. But we have to follow the regulations."

Even though they have to lay down the law once in a while, the dorm managers and residents still get along.

"The rapport with the dorm residents is great on- and off-duty," said Sergeant Bryant. "Sometimes you're like a parent, sometimes a counselor and sometimes a friend."

"We get to hear all kinds of stories from the Airmen, like where they're from and what they're doing," added Sergeant



Senior Airman Benjamin Rojek

**Staff Sgt. Raymond Bryant, 325th Civil Engineer Squadron dorm manager, helps an Airman start a leaf blower. The dorm managers work with dorm residents keeping the grounds around the buildings clean, as well as upkeep within the dormitories themselves.**

Lagleva. "We get to know everyone."

It is no surprise that he knows everyone, since he's been a dorm manager here for the last four years.

"I enjoy my job here," said Sergeant Lagleva. "I've been in the Air Force for 20 years, and I'm sure that this is the best job out there."

# TSP begins catch-up contributions enrollment

**RANDOLPH AIR FORCE BASE, Texas** — The Air Force Personnel Center's Benefits and Entitlements Service Team automated systems are available for 2005 Thrift Savings Plan catch-up contribution enrollments.

"TSP catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions," said Janet Thomas, a human resources specialist at Air Force Personnel Center. "To be eligible for catch-up contributions, employees must be age 50 or older in the year in which the first deduction from pay occurs, be in a pay status, be making regular TSP contributions at either the maximum TSP percentage or a dollar amount that will result in reaching the IRS annual elective deferral limit by the end of the year."

"They also must not be in the six-month non-contribution period following a financial hardship in-service withdrawal," Ms. Thomas added. Employees contributing to other eligible tax-deferred retirement programs, such as a 401k, need to be aware that the IRS annual elective deferral limit applies to the total contributed to all eligible tax-deferred retirement savings plans.

— Catch-up contributions have their own IRS annual limit that is separate from the annual limit for regular TSP contributions. The maximum catch-up contribution for

2005 is \$4,000, while the IRS annual elective deferral limit for "regular" TSP contributions will be \$14,000.

— There is no "open season" applicable to TSP catch-up contributions, so eligible employees may start, change, stop or restart catch-up contributions at any time. For calendar year 2005, the BEST automated Web and phone system will accept catch-up contribution enrollments.

— Enrollments submitted between Dec. 12-25 will be effective Dec. 26, with the first contribution deducted from their Jan. 14 pay. Subsequent enrollments will be effective at the beginning of the next pay period.

— When making their contribution election, employees need to designate a whole-dollar amount they wish to contribute each pay day rather than the annual maximum of \$4,000. Employees can not designate an amount that exceeds their net pay; if they do, payroll will not withhold any TSP contributions. Employees who want to spread their contributions evenly over the year will divide the total they wish to contribute (up to the \$4,000 maximum) by the number of pay dates remaining in the year. There are 26 pay dates in 2005 for employees who submit their election Dec. 12 - 25.

— Catch-Up contributions will automatically stop with the last pay date in the calendar year or upon

reaching the maximum catch-up dollar limit for the year, whichever comes first. Because the IRS annual elective deferral limit for catch-up contributions changes each year, participants must submit a new election each year.

— Eligible Air Force-served civilian employees may enroll for catch-up contributions via the Employee Benefits Information System Web application or the BEST phone system. EBIS is available on the web at [www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm) or through the AF Portal at [www.my.af.mil](http://www.my.af.mil).

— Employees may reach the BEST phone system by dialing toll-free 1-800-616-3775 (press 2 for Air Force-served civilian employee, then 2 again for BEST benefits and entitlements, and follow the prompts). Overseas employees need to dial a toll-free AT&T direct access number for the country they are located in, then 800-997-2378. The numbers can be found at [www.att.com/business\\_traveler/guides\\_and\\_access/dialing\\_instr.html#outside](http://www.att.com/business_traveler/guides_and_access/dialing_instr.html#outside).

Additional information on the TSP Catch-Up contribution program is available on the BEST Web site at [www.afpc.randolph.af.mil/dpc/best/menu.htm](http://www.afpc.randolph.af.mil/dpc/best/menu.htm) under "Thrift Savings Plan," and the TSP Web site at [www.tsp.gov](http://www.tsp.gov).

(Courtesy of Air Force Personnel Center News Service)

# Airman's skydiving efforts good as gold

**1ST LT. ALBERT BOSCO**  
325th Fighter Wing Public Affairs

Jumping out of perfectly good airplanes may not seem appealing to some, but for one Tyndall Airman, the only thing better is winning awards for it.

Capt. Lori Katowich, 325th Maintenance Operations Squadron plans and resources flight commander, recently participated in a four-day skydiving competition hosted by the U.S. Army Golden Knights parachute demonstration team in Laurinburg, N.C., and her team "Comic Relief" brought home a gold medal.

Captain Katowich, who served as team captain, led the ten team members, consisting of Air Force, Army, Army National Guard and Coast Guard service members, in 8-way speed formation skydives, in which members leave the aircraft and are allotted 40 seconds to "link up" and hold the designated formation, while a videographer

**"There is no adequate way to describe the exhilaration of skydiving."**

**CAPT. LORI KATOWICH**  
325th Maintenance Operations Squadron

films the jumps for scoring purposes.

"We picked 'Comic Relief' as a team name to reflect our intent to have fun, regardless of how we did in the competition since we hadn't been jumping together like the other teams," said Army Sgt. Joe Reid of Fort Gordon, Ga.

"This event is as much about networking with fellow military skydivers as it is about the competition. As we progressed through the rounds and saw that we actually had a shot at gold, we had to keep focusing on the next jump. This is a sport measured in seconds and any distraction can cost you the round," said Captain Katowich.

In order for a team to earn a top award, teammates usually spend many hours practicing and perfecting maneuvers. Ironically, Captain Katowich said only a couple members of the team knew one another or had jumped together before the competition. Additionally, the experience levels of each jumper varied from about 200 jumps to more than 2,000.

Although Captain Katowich's skydiving experience is moderately less than some other members, having about 370 jumps, the Air Force Academy graduate has been in the sport for six years and looks forward to each opportunity to take to the skies and fly without the confines of an aircraft.

"There is no adequate way to describe the exhilaration of skydiving," Captain Katowich said. "I look forward to every opportunity I get to jump and share that experience with my fellow skydivers. Next year's competition is already on my calendar."

## Tyndall shatters CFC goal

**2ND LT. WILLIAM POWELL**  
325th Fighter Wing Public Affairs

The final Combined Federal Campaign numbers are in, and Team Tyndall raised more than \$220,000, surpassing the goal by more than \$45,000.

But the result of this year's campaign is an even greater accomplishment for Tyndall, according to Senior Master Sgt. Carol Cox, 325th Fighter Wing project officer.

"Tyndall faced many challenges during this campaign cycle," she said. "A lot of time and resources went to preparing the base for Hurricane Ivan, as well as disaster relief assistance following the four hurricanes. Additionally, the base was busy supporting the William Tell air-to-air competition and the 1st Air Force change of command. But, Tyndall's Airman did a great job going above and beyond the original goal of \$175,000."

Sergeant Cox said the CFC is the only authorized fundraiser in the federal workplace on behalf of charitable organizations. It is the largest and most successful workplace fundraiser in the world. In 2003, federal employees across the country raised more than \$249 million for charitable causes.

"The money goes to thousands of charities, both locally and around the world," she added. "This year,

much of Tyndall's contributions went towards United Way, and the money is going to help a lot of people."

Those who donated money also benefit from the experience, said Airman 1st Class Marecia Waltower, 325th Air Control Squadron weapon simulation technician.

"This is the first time I contributed to CFC, and I picked a charity that helps less-fortunate children," Airman Waltower said. "It makes me feel really good to help those in need. If I were in their place, I know I would want people to help me."



## Commissary locator highlights Web site change

**RICK BRINK**

Defense Commissary Agency

**FORT LEE, Va.** — The "commissary locator," a new driving-distance calculator and mapping feature on [www.commissaries.com](http://www.commissaries.com), highlights several changes to the Defense Commissary Agency Web site designed to help patrons maximize their shopping experience.

The Web site sports a new red, white and blue motif with drop-down navigation menus to give the site a consistent look and operation throughout and to help visitors navigate more speedily. It also gives visitors an option to view Flash animations highlighting features that make commissary shopping so unique and popular among U.S. military service members.

"The changes couldn't come at a better time," said Patrick B. Nixon, DeCA's acting director and chief executive officer. "November marked the first anniversary of unlimited commissary shopping for Guard and Reserve families, many of whom live some distance from a commissary."

"Our new commissary locator feature will make it easy for them to determine where to shop," Mr. Nixon added.

Visitors use the commissary locator by providing their ZIP code and a driving distance of their choice into data fields on a Web page. The system responds by providing a list of all commissaries within the driving distance. When visitors select a commissary from the list, they're taken to that commissary's Web page that features a link for detailed driving directions to the commissary from a location provided by the visitor.

The Dec. 1 launch of the new-look Web site comes four years after it was last changed. The site's content is essentially the same, although it's been organized and presented a little differently in some cases to better present content that's been added in the last four years.

The popular commissary store Web pages, which each of the 272 commissaries maintain themselves to provide the most current local shopping information possible, are still featured under the "locations" navigation button.

Designed with commissary shoppers in mind, the site also serves DeCA employees and its business partners. A new "about us" navigation button serves as the gateway to job announcements, information for employees, information for business partners and as a way to access the online customer comment form. Thanks to the drop-down navigation menus, these popular features are just a click away from the home page.





Alan Boedeker

## AETC Presents Order of the Sword

LACKLAND AIR FORCE BASE, Texas (AETCNS) — Lt. Gen. John D. Hopper Jr., Air Education and Training Command vice commander, receives the Order of the Sword Dec. 10 from Chief Master Sgt. Michael A. Mazzi (center), Air University command chief master sergeant, and Chief Master Sgt. Karl W. Meyers, AETC command chief master sergeant. General Hopper is the third person to receive the Air Education and Training Command Order of Sword since the command was established in July 1993. The Order of the Sword is the highest honor given by the enlisted corps.

# Congratulations!

## Tyndall's December NCO Academy Graduates

- Tech. Sgt. Laura Bosco, 1st AF
- Tech. Sgt. Jonathon Brown, 325th MXS
- Tech. Sgt. Travis Davis, 325th MXS
- Tech. Sgt. Michael French, 325th AMXS
- Tech. Sgt. Brian Hoppe, 325th FW
- Tech. Sgt. Martha Horner, 325th OSS
- Tech. Sgt. Jamell Jenkins, 325th SFS
- Tech. Sgt. Tod Keiffer, Det. 2, 28th TS
- Tech. Sgt. Gordon Martin, 325th SFS
- Tech. Sgt. Kelly Martin, Det. 4, 372nd TS
- Tech. Sgt. William May, 325th AMXS
- Tech. Sgt. Brian Norris, 325th MXG
- Tech. Sgt. Tonette Pryor, AFCESA
- Tech. Sgt. Corey Reese, 823rd RHS
- Tech. Sgt. Sheryl Rudzewicz, 325th SVS
- Tech. Sgt. Jeffrey Shockey, 325th AMXS
- Tech. Sgt. Michelle Spickler, 325th OSS
- Tech. Sgt. Zachary Sutton, 325th AMXS
- Tech. Sgt. Jason Wilson, 325th MXS

